



BLESSED ARE THOSE WHO MOURN LITANY

(Adapted from work written by Roger Courtney)

**For pdf copy, go to growingedgesnm.com/grief.html*

Reader: There are no words to describe the experience of losing someone you love very deeply

Community: “Blessed are those who mourn for they shall be comforted”

Reader: We have lost someone who was a part of our lives and it leaves a hole

Community: “Blessed are those who mourn for they shall be comforted”

Reader: Each of us is grieving in our own way

For some of us the only way to express our sorrow is through tears

Some of us are still in shock, or angry –

We are not ready for tears

For some of us it is a time for reflection and quiet

For others it is a time to keep busy with practical things

Community: “Blessed are those who mourn for they shall be comforted”

Reader: None of us can take away the grief

Or fill the hole that has been left in our lives

But we can lend comfort to each other

In the days and weeks and months to come

This is a time to show real love and support for those who are hurting

Community: “Blessed are those who mourn for they shall be comforted”

Reader: In our grief when we experience loss we realize that

We not only feel the loss of that person

But the other people we have lost, too.

These earlier experiences are still part of who we are

Community: “Blessed are those who mourn for they shall be comforted”

Reader: Each of us has our own special memories.

The love we received will never die

But can be cherished as we in turn

Share that love with others

Community: “Blessed are those who mourn for they shall be comforted”

Reader: We don't ask that you take away the pain of this loss

or that you fill the hole that has been left in our lives.

But we do ask that you help us have the strength

To bear the loss and over time come to be able

To celebrate a unique life and to be proud that

we were part of their lives.

Community: “Blessed are those who mourn for they shall be comforted”

Reader: AMEN